



PARENT Newsletter

JANUARY/FEBRUARY 2010 | VOLUME 8 NO. 3

Health Advisory Committee

YVY's bi-annual Health Advisory Committee meeting took place this past November.

The YVY HAC assures that YVY staff is up to date on all health information that is relevant to the population YVY serves and acts as an advisory body to help set YVY policy in regard to health matters.

This meeting was particularly important since two very important issues needed to be discussed, namely the continuing H1N1 flu outbreak, and the mumps outbreak in many of YVY's communities. Addressing these issues were Dr. Jennifer Rosen, Unit Chief, Vaccine Preventable Disease Surveillance, Bureau of Immunization, NYC Department of Health, and Dr. Jeffrey Teitelbaum, Medical Director of Ezra Medical Center, a YVY partner. Both Dr. Rosen and Dr. Teitelbaum talked about the genesis of the mumps outbreak and how it can be controlled in the school-age and general populations. (Please see related article in the Magazine sec-

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Representatives from the Regional Office of the Administration for Children and Families, Financial Management Specialist Nicole Myers and Program Specialists Lacey P. Britton, Tanya Austin-Maccagno, and Terrance Tower, visited YVY in the first phase of a Risk Management process which is conducted prior to contract renewal

WIC

Community Partnerships at WIC

YVY Senior Nutritionist Svetlana Tenenbaum facilitated a workshop on child nutrition for YVY Head Start and Early Head Start parents in December. At the workshop, YVY WIC Program Coordinator Nechama Solzenberg also presented a general overview of the WIC program.

YVY WIC hosted several community agencies in November and December. Representatives from the NYC Bureau of Immunizations, the NYC Bureau of Lead, and Brooklyn Housing and Family Services presented literature and were available for questions at the YVY WIC Center.

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Dr. Jeffrey Teitelbaum, Ezra Medical Center, addresses the YVY Health Advisory Committee

YVY Head Start and Early Head Start Parents Elect New Policy Council

YVY Head Start parents participate in the governance of YVY Head Start at every level, from the classroom, to the individual YVY site, to the agency as a whole. This past December, YVY parents, who were elected by the parents in their respective sites, participated in the yearly election of a new YVY Policy Council. The YVY PC meets monthly to be briefed on what is occurring in the agency and to take part in decision making at the executive level. The election was chaired by YVY Executive Director Naomi Auerbach.

The election was, as usual, a spirited affair. Most of the participating parents strove to be elected to one of the seven available positions. Parents who did not win any office were assured that, as chairpersons of their site committees or

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YELED V'YALDA

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www.yeled.org

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Parent Involvement Coordinator
Shoshie Schapiro

Policy Council Liaison
Esther Knoll

Silver Lake Headstart

Education Directors:
Melody Lenza, MSEd
Madeline O'Donohue, MAEd

Director, Day Care Collaboration
Laurie Landa, MSEd

WIC (continued from page 1)

YVY also hosted a new WIC agency that had been referred by the New York State Department of Health. Representatives from Catholic Charities visited the YVY WIC Center several times to learn the details of running a WIC program. The New York State Department of Health also commended YVY WIC on the materials it had developed for its Healthy Start program and on the YVY WIC website (to access: www.yeled.org).

YVY Research Institute Head to Present at the Head Start National Research Conference

A study on Developing Culturally Sensitive Language Assessments which deals with implementation of Head Start's Dual Language Policy by Dr. Isabelle Barriere, Co-Director of YVY's Research Institute, has been accepted for presentation at the Tenth Annual Head Start National Research Conference in Washington in June.

Dr. Barriere has been actively involved in training both YVY directors and staff in implementation of YVY's own Dual Language Policy these past few months.

YVY Special Services

YVY Therapy Center in Williamsburg Moves to New Location

YVY is pleased to announce that its Williamsburg Therapy Center has moved to a new location at 712 Bedford Avenue.

The new location is a spacious, welcoming space and offers a full range of therapy services. Speech therapy, occupational therapy, and physical therapy are provided with ample room

for all and with the most up-to-date equipment. The space also houses the Williamsburg YVY ABA program.

YVY professionals look forward to continuing to serve the Williamsburg community at this new venue.

Professional Development

YVY's Professional Development division is looking forward to a busy January and February, with a wide range of workshops being made available to YVY and other therapy professionals. January will feature presentations on Strategies for Oral-Motor Treatment and Feeding Intervention and on Understanding and Managing Visual Deficits in Children. In February, a two-day Kinesiotaping workshop will be offered, of particular interest to occupational and physical therapists. As usual, payment will be reduced or waived for YVY parents and therapists. For exact times and details, please consult the calendar on page 4.



YVY Nutritionist Dina Lipkind, Program Coordinator for Eat Well Play Hard, conducts School Wellness Council Leader Training. YVY's management of an Eat Well Play Hard grant, which funded programs in public schools to prevent childhood obesity, was recognized by Incentive Magazine with its 2009 Motivation Masters award for the Best Wellness Program (top).

Winter Activities at YVY's Silver Lake Head Start in Staten Island



1. Parents — both mothers and fathers — enjoyed doing holiday crafts and having a great time 2. A holiday concert featured all classes 3. Silver Lake parents enjoyed sharing dishes from their home cultures at a Thanksgiving potluck 4. Parents who attending a series of Parenting Skills workshops were presented with certificates 5. A Social Emotional Skills workshop for parents was facilitated by Silver Lake's own Dr. Judy Scher

Elections *(continued from page 1)*

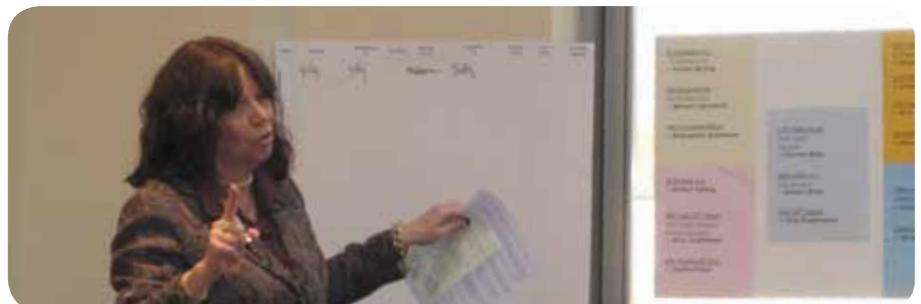
clusters, they were automatically granted voting membership in the PC under the provisions of the new by-laws which call for representation from each site.

After the election of Community Representatives to the PC, the newly-formed body was welcomed to the new year by YVY CEO Solomon Igel, who emphasized the importance of the parent body in YVY governance and also introduced YVY Chief Financial Officer Rebecca Guttman. Ms. Guttman introduced the members of her fiscal staff who are responsible for preparing the variance reports which are submitted to the PC for review and approval each month.

PC members for the 2009-2010 year are: Yitty Kupferstein, Chairperson;

Shiffy Goldstein, Vice-Chairperson and Area Community Representative; Esther Karfunkel, Secretary; Elizabeth Avraham, Treasurer; Rita Agyerman, Chairperson, Personnel Committee; Bracha Goldman, Chairperson Grievance Committee; Miriam Lipschitz, Chairperson, By-Laws Committee; Dina Goldshmid, Member;

Margaret Alfih, Member; Esther Miller, Member; Monica Pazos, Member; Fradel Mering, Member; Esther Tyberg, Member; Charna Katz, Member; Judith Grosz, Member; Nechama Mering, Community Representative; Rivky Milstein, Community Representative; Bruchie Bineth, Community Representative. ✎



YVY Executive Director Naomi Auerbach records votes during Policy Council elections

ONGOING PARENT ACTIVITIES: BROOKLYN

Aerobics

99 Heyward Street
Sundays January
3,10,17,24,31

Stretch and Tone

99 Heyward Street
Tuesdays January 5,19

Fitness for Men

99 Heyward Street
Wednesdays, January
6,13,20,27

Expectant Moms' Program: Aerobics and Childbirth Education, Parenting Skills for Postpartum Moms

1257 38 Street
Sunday January 10,24
99 Heyward Street
Monday January 4,25

Focus on Fathers

1257 38 Street
Tuesday January 26
99 Heyward Street
Monday January 4

Parenting Workshops

1257 38 Street
Rabbi Sputz:
Mondays January
4,11,18,25

Devorah Weinreb:
Monday January 11

99 Heyward Street
Monday, January 18
Wednesday, January 20

YVY WIC

1312 38 Street

Mommy and Me
Mondays January
4,11,18,25

SPECIAL ACTIVITIES: BROOKLYN

Nutrition Workshop

99 Heyward Street
Tuesday January 26

Hair Cutting Workshop

1257 38 Street
Wednesday January 28

Transition: Bridging the Gap in Therapy Services

1257 38 Street
Tuesday or Wednesday
January 5,6

Eternal Imprints Showing

99 Heyward Street
Tuesday January 12

SPECIAL ACTIVITIES: STATEN ISLAND

Northwest Mutual Parent Workshop

Wednesday January 20

Family Literacy Day

Wednesday, January 6

ONGOING ACTIVITIES: STATEN ISLAND:

ESL

Tuesdays and Wednesday
January 12,14,19,21,26,28

Home-Based Infants

Friday January 8

Home-Based Toddlers

Friday January 22

Home-Based Infants and Toddlers Music

Friday January 29

Parent Committee

Wednesday January 20

Fathers' Breakfast

Wednesday January 13

Fathers in Action

Wednesday January 27

PROFESSIONAL DEVELOPMENT

Strategies for Oral-Motor Treatment and Feeding Intervention

Young Israel of Midwood
Sunday January 10

Introduction to Evidence-based Practice for Sensory Processing Disorder

Young Israel of Midwood
Sunday January 31

Understanding and Managing Visual Deficits in Children

1257 38 Street
Sunday and Monday,
February 21,22

Kinesiotaping

1257 38 Street
Sunday and Monday
January 17,18

SEIT Training: Hierarchy of Teaching Social Skills

1350 50th St
Wednesday January 27

667 Eastern Parkway
Tuesday February 2

Family Workers' Meeting

1312 38 Street
Tuesday January 12

SPARK Training

Wednesday February 3

Policy Council Meeting • Tuesday January 4

JANUARY 2010

Visit our newly updated calendar online at www.yeled.org/calendar

For more information on any of Yeled V'Yalda's services, please call the following numbers:

Headstart..... 718.686.3700 *3
Early Headstart..... 718.686.3700 *3
Special Education 718.686.3700 *1
ABA Program 718.514.8600
Early Intervention 718.686.3700 *2
Ezra Medical Center 718.686.7600 *9
YvY WIC Program..... 718.686.3799
YvY Facilitated Enrollment
..... 718.686.2189

YELED V'YALDA STATEN ISLAND:

Silver Lake Headstart,
10 Gregg Place..... 718.815.4488
Silver Lake Headstart II,
20 Park Hill Circle: 718.720.0090

YELED V'YALDA SUPPORT LINES:

YvY Parenting Hotline

Fridays, 10-2 718.686.2402
All calls are confidential. You do not need to give your name.

Yeled v'Yalda 311

for comments/concerns 718.686.3700 *311



YVY's stays up to date on new regulations through constant training, here a fiscal webinar presentation.

HAC (continued from page 1)

tion.) They also talked about the status of the H1N1 flu outbreak and the importance of vaccination for those who are most susceptible to this form of the flu, such as expectant mothers.

Dr. Meryl Hirsch, Ezra Medical Center's new School-Based Dental Director, was introduced, and she spoke



Dr. Jennifer Rosen,
NYC Department of Health

about Ezra's sealant program for school-age children. More information on this program will appear in a future issue of the Newsletter. Participants were also updated on ongoing issues such as YVY's programs on childhood obesity and vision and hearing screening outcomes. ♪



TALKING *to* YOUR CHILD

seemingly simple thing, can have complex and lasting benefits. In today's hectic times, with the distractions of everyday life and modern technology, not as many parents talk to their children as one would think.

This is not a positive development. As Randi Jacoby, a speech and language specialist in New York, recently told Jane Brody of the New York Times, "Parents have stopped having good communication with their young children, causing them to lose out on the eye contact, facial expression and overall feedback that is essential for early communication development. Young children require time and one-on-one feedback as they struggle to formulate utterances in order to build their language and cognitive skills."

Talking to your child from infancy on is crucial for his or her language acquisition. The more you talk to your child, the better his language skills will be. Hearing talk is the key to the understanding of speech. By listening to others, your child learns what words sound like and how to put sentences together.

BABIES

As soon as a child is born, parents should begin talking to the child. Even though infants don't understand language, they do understand tones, sound,

How many times have you seen a mother talking on her cell phone while her child is trying to tell her something? As we all know, this happens quite often.

Talking to your young child, a

and facial expressions. To infants, language begins with sounds.

When talking to babies, you are communicating with them even though they do not understand the meaning of your words. The way you touch, hold, look at, and talk to babies helps them learn language, just as the different ways babies cry help you learn their language: "I'm wet," "I'm hungry," "I'm tired," "I hurt," and so on.

Talking to your baby provides:

Comfort: The American Medical Asso-

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Talking (continued from page 5)

ciation advises parents that “even though your baby doesn’t understand what you’re saying, your calm, reassuring voice is what he needs to feel safe. Always respond to your newborn’s cries — he cannot be spoiled with too much attention.”

A sense of trust: According to psychologist Penelope Leach, if you talk to your baby every time you do any caring task such as changing a diaper or picking up the baby to nurse him, the baby will learn from the cadences and tones of your voice that you keep your promises and that you are someone he can trust. Soon you’ll notice that he will be calmer and more patient before the nursing or diaper change begins. “This begins the process of intimate attachment and builds a trusting relationship,” Leach says.

A sense of validation: If you answer your baby’s gurgles, coos, and smiles

say things like, “Now we’re going to put on your socks,” “We’re going in the car to see Grandma,” or, “When we get to the playground, I’ll push you on the swing.”

Diapering time or bath-time are opportunities to teach a baby the names of body parts. When you wash your baby’s arms or legs, label those body parts, and when you dress or undress your baby, explain what you’re doing. Say things like, “First we put in one arm. Then in goes your other arm,” or “One shoe for the right foot and one shoe for the left foot.” The same principle applies to mealtimes. When you feed your baby — especially in the second half of the first year — tell him the names for each food. Say, “yummy applesauce” or “banana.”

Talking teaches word skills, and research has shown that repetition is the key to building vocabulary. A child must hear a word at least 500 times before it becomes a part of his vocabulary, so the

TODDLERS

As your child enters the toddler stage, keep talking as much and as often as you can. Talk directly to him and give him your full attention. Look at him while you talk. Let him see your face and your gestures. Respond to him when he talks to you.

Keep up a running monologue with your toddler as you go through your day. The more language your child hears, the more he or she will pick up. If you’re doing laundry say, “Now we’ll put the dirty socks in the washing machine.” If go to the supermarket with your toddler, introduce new words as you go through the supermarket aisles. You might say, “Here’s the Swiss cheese,” or “There’s the pineapple.” When you and your toddler walk down your block, point out the neighbors’ houses or the different cars parked at the curb. If your toddler points to a car and says, “car” you should reinforce his effort by saying, “That really is a very nice car.”

Some toddlers are slower to talk than others. But just because they don’t respond in words or words that are easy to understand, doesn’t mean that they don’t understand what you’re saying. If your toddler makes mistakes when he talks, don’t get upset. Some toddlers get upset and frustrated if you don’t understand their words. But you shouldn’t worry if this happens. The frustration is actually a healthy sign that he’s trying hard to communicate and cares whether or not you understand him.

Some toddlers don’t talk because they don’t feel they need to since they can get what they want by pointing, grunting, or using some other non-verbal method. Why would a child use words when grunting or pointing works just fine? However, it’s important for parents to encourage their toddler to use words. The next time your child comes up to you with an empty cup in hand, ask if he needs something rather than simply filling the cup up or putting it away.

To further encourage language, ask your child questions that require a choice, like “Do you want milk or juice?” or “Do you want to walk, or ride in the stroller?” You should also avoid using “baby” words and baby talk when talking to your toddler. Teach your child the correct words

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with delighted expressions and coos of your own, you are validating the child’s early efforts to communicate. If the baby senses that you accept and enjoy the sounds he or she is making, the baby will be encouraged to continue and expand his vocalizations. Soon you might notice him babbling back in response to your talking and vocalizing in a greater variety of pitches, turning them into duplicated babbles such as “mamama” or “bababa.”

A Learning Opportunity: The American Speech-Language-Hearing Association urges parents to “Talk while you are doing things. Talk about where you are going, what you will do once you get there, and who and what you’ll see. You might

more you talk and the more your child hears you using the same words and phrases, the sooner he’ll learn language.

A Source of Playfulness and Fun: If you recite simple nursery rhymes or sing nursery songs over and over to your baby, you will notice that he will soon light up with recognition and pleasure. Not only does the song or rhyme make him happy, but the child is also happy because you are the one who is singing it. As your baby gets older, you can also begin to play simple games with him such as pat-a-cake or peek-a-boo. The more you play with and sing to your baby, the more your baby will begin to associate pleasure with words and cadences.

Talking (continued from page 6)

and names for people, things, places and body parts. If your child uses a baby word like “ba-ba” for bottle, teach him to use the correct one by saying, “Oh, you want your bottle.”

Other things you can do with your toddler to encourage his language acquisition is to play word games with him and count every day things like steps or objects as you go through your day. When you sing songs and recite nursery rhymes with your toddler, leave out words and encourage your child to fill in the blanks.

Read with your toddler. Make story-time an important part of your daily routine. When you read the sentence, “The cat meowed” point to the cat and say, “cat.” Discuss the story you’re reading, and ask questions as you go along to encourage your child to speak.

PRESCHOOLERS AND OLDER CHILDREN

As your child enters preschool, you’ll find that he’s talking more and more. But even if his language skills are good, he still needs encouragement to develop them even further. When he regales you with what happened at preschool or the Lego set he saw at his friend’s house, listen to what he has to say and engage him in a conversation about it.

Talking to your child takes on other functions as he gets older. By the time a child hits elementary school and high school, talking to a child gives parents the opportunity to impart their morals and values and lets children bounce their ideas off parents. Discussing serious issues with children lets them know where they stand and presents them with a behavioral model that will help them make important life decisions.

Parents can play a major role in helping their child’s language acquisition by providing a rich and nurturing communication environment. Research has shown that children whose parents spoke to them extensively when they were babies have significantly higher IQs and richer vocabularies than other children.

Along with talking, it’s important to be a good listener — look at your child and be responsive at whatever developmental stage the child is in. A child is more likely to speak and use language when he knows there is someone who is interested in hearing what he has to say.

But in the end, talking to your child should be a pleasure. Talking is about giving and receiving. Children are interesting and funny. So put away your cell-phone and start talking and listening to your child. You’ll be surprised at what he has to say.

The Mumps...Revisited

Since August 21, 2009, the New York City Department of Health and Mental Hygiene (NYC DOHMH) has been investigating an outbreak of mumps that began among children from Borough Park who attended summer camp in Upstate New York.

Cases of mumps have continued to occur in communities in Brooklyn since the onset of the school year and have spread to communities in Monsey, New York and Lakewood, New Jersey, among others. At this time, there are many confirmed or probable cases, and additional suspect cases are under investigation. Cases have ranged in age from one to 42 years, with the majority occurring among children age 10-15 years. Children who are not fully vaccinated against mumps are at the highest risk of infection.

WHAT IS MUMPS?

- Mumps is a viral illness that affects the salivary glands. Like influenza, mumps is spread on respiratory droplets that are released when an infected person coughs or sneezes. A person can become infected within a distance of three feet of a presumed mumps case, or if he or

she had direct contact with the case’s respiratory secretions. People with mumps are usually contagious from two days before to five days after they develop symptoms. A person is most contagious just before symptoms appear.

Symptoms of the mumps include fever, body aches, headaches, and swelling of the salivary glands. The parotid gland, situated just below and in front of the ear, is most often affected. Symptoms usually occur 14 to 18 days after infection, but they can start within 12 days or take as long as 25 days to appear. About a third of people who contract the mumps virus do not develop symptoms.

VACCINATION AND MUMPS

- Mumps vaccine is given on or after a child’s first birthday. It is usually combined with measles and rubella vac-

cines in a formulation known as MMR (measles, mumps, rubella). A second dose of mumps vaccine is recommended before children enter school at 4 to 6 years of age. The body usually takes

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Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Wash your Hands

Wash hands with soap and warm water or clean with alcohol-based hand cleaner.

Alcohol-Based Hand Cleaner

NYC Health

Michael R. Bloomberg Mayor
Thomas Farley, M.D., M.P.H. Commissioner
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Mumps (continued from page 7)

10 to 14 days to mount a response to the first dose of mumps vaccine. Full immunity isn't achieved until approximately seven days after the second dose.

- If a child who has received one dose of MMR vaccine is exposed to mumps before receiving a second dose, the Health Department recommends administering the second dose early — but the child should be at least a year old, and the second dose should be administered at least a month after the first. Even then, the early second dose may not provide immediate protection.
- Patients who are unsure of their vaccination history should receive another dose to ensure they are fully immunized. Lifelong immunity to the disease is provided only to the those who have actually developed infection with mumps

Why are so many cases occurring in vaccinated people?

- Studies suggest that the mumps vaccine is 76% to 95% effective. That means that for every 100 people vaccinated, 76 to 95 of them will be fully protected, but five to 24 will remain susceptible to the disease.

(By comparison, the measles vaccine is about 98% effective.) Anyone who has received two doses of mumps vaccine is thus much less likely to develop mumps, but if the individual does develop the disease, the case is often less severe

- Though mumps vaccination cannot protect everyone, it greatly reduces the number of people who get sick when exposed to the virus. If a community maintains a high vaccination rate, the risk of exposure declines so that susceptible individuals who have received the vaccine, or those who have not yet been fully vaccinated, such as young children, will not be at risk.
- In the current outbreak, a significant number of cases either did not have two doses of mumps containing vaccine or had unknown vaccination status.

To avoid spreading mumps to others:

- Stay at home for 5 days after symptoms begin.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands frequently with soap and water or an alcohol-based hand cleaner.

